ABSTRACT OF THE DISCLOSURE

An ankle brace includes a single strap made of a substantially inelastic and flexible, non-adhesive material of sufficient length to be wrapped in a figure-eight configuration at least once about the ankle and foot, with one loop of the figure-eight passing around the back of the ankle, one loop passing under the foot in front of the heel, and the strap crossing above the foot. Hook and look fasteners secure one free end of the strap to the other end portion thereof to maintain tension in the strap and to retain the brace on the foot and ankle. The ankle brace can be worn under or over a stocking with equal support.